

September 2020 Happiness Calendar

This month, process your emotions and connect with what matters.

Keep up with the latest on the science of connection, compassion, and happiness by **subscribing to our newsletters.**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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SC Science Center

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1 Learn how to **cope with uncertainty** when everything feels out of control.

2 **If you're homeschooling**, follow these three tips to reduce everyone's stress.

3 Order our new book on **the science and practice of gratitude.**

4 **Take the Science of Happiness course this fall** for a happier, more meaningful life.

5 In stressful times, take a moment to **reflect on what your priorities are.**

6 You're not alone: Here's how **the pandemic is affecting everyone's mental health.**

7 **Practice love and kindness** as much as possible—it might help you live longer.

8 Teaching this fall? Try **these lesson plans** to help students **cope with COVID-19.**

9 **Go easy on yourself today** if you're having a hard time.

10 **When you do activist work, practice mindfulness** to help avoid burnout.

11 Follow these seven steps to **find your purpose in life.**

12 Keep a journal in tough times to **work through your thoughts and feelings.**

13 Try something new and exciting to **reconnect with your partner.**

14 Explore our **education resources for teachers and parents** during COVID-19.

15 Here's another reason to practice mindfulness today: It can **combat unconscious biases.**

16 **Tackle a daunting task** by breaking it up into small steps.

17 **Plan a pandemic birthday celebration** for yourself or a loved one.

18 **To persuade someone**, try making an argument based on their most important values.

19 **Feeling criticized?** That's another good time to reflect on what matters to you.

20 Work on **creating a climate of care** in your school this fall.

21 Follow a psychiatrist's **tips for calming your pandemic stress.**

22 **Happy fall!** Snap a photo today of nature that inspires you.

23 **Practice a little yoga** to soothe your nervous system.

24 Here's what to do **when you and your co-parent disagree.**

25 Watch out for the **prejudices you might be picking up from the media.**

26 **How giving and generous are you?** Take our Altruism quiz to find out.

27 Find one way to **share your authentic self** at work today.

28 When you're **feeling strong emotions**, do a body scan.

29 **Find the support you need** in our guide to well-being during coronavirus.

30 **Finding your purpose** is a journey—take it one day at a time.

Greater Good in Education

